

Things To Do For Those Getting Married

1. Buy these books:

His Needs Her Needs *By Dr. Willard Harley (Available at any Christian book store)*

Empowering Couples *By Dr. David Olsen (Only available at the Adventist Book Center)*

The Five Languages of Love *(Available at any Christian book store)*

Sheet Music *(Available at any Christian book store)*

2. Topics We Will Cover in Session:

- God's plans for marriage *(for Christians)*
- Roles in Marriage
- In-Laws
- Health & Family Planning
- Sexuality
- Parenting *(blended families, special needs, etc)*
- Values & Goals
- Intimate Partner Abuse
- Finances
- Communication
- Conflict Resolution/Creative Problem-Solving
- Love and Feelings
- Starting a New Home
- The Wedding/Honeymoon
- After the Wedding

3. Some Things to Do Before You Get Married as You Prepare for the Wedding:

- Take PREPARE/ENRICH Inventory Online (\$35 per couple)
- Complete Medical Check Up *(Go together to separate doctors)*
- Decide on type of sexual contraceptive
- Write Mission Statement *(To be placed on a prominent wall in your home and wedding brochure)*
- Create a couple financial plan and make a budget
- Open bank account(s)
- Harmonize current all assets *(no secrets)*
- Rent/purchase dwelling place. Decorate it. Prepare it for after the wedding.
- Watch the movies "Preacher's Wife," "A Vow to Cherish." "Making the best out of Marriage"
- Avoid sexual intercourse until after the wedding night. Sex blurs objectivity in making decisions about the relationship. Sex can also create painful attachments that are hard to break out of. If you are currently sexually active I suggest that you cease having sex four to five months before the wedding day.
- Continue having romantic dates at least once a week.
- Kiss (in low dosages), hold hands, embrace, as many times you can during the week.
- Do not let 24 hours pass without communication with each other.
- You will have a follow-up session with me six months and 12 months after the wedding.